

# Sports & Fitness Center

402 MacArthur Road, Brooklyn, NY 11252

718-630-4793

## Hours

• Monday thru Friday • • Sat/Sun/Federal Holidays •  
0600 - 2100 1000 - 1800

## SPORTS & FITNESS CALENDAR



### Cardio Kick Boxing

Every Tuesday at 1200

This 30 minute workout is great to add to any workout. Learn to kick & punch your body into the shape you'll love and leave others wishing!



### Stretch & Abs

Every Thursday at 0630

This 30 minute workout can be added to the beginning or end of any workout session. Stretch the stiffness away and strengthen your core which also helps your spine... start working on that six pack before the beach time is back.

### Tai Chi

Wed 0930 and Fri 1030

Health, Meditation and Martial Arts all wrapped up into one great class. Tai Chi reduces pain, stress, anxiety, promotes balance, control, flexibility, opens internal circulation, cardiovascular fitness, and aids healthy respiratory function.



### Power Pose

Every Wednesday at 1200 (Yoga)

Improve your life - get connected - listen to your body - know when you've had enough to eat and what your body needs... don't think - know! Improve your life with yoga poses that strengthen you inside out & stretch your stress away at the same time. Stay well, stay fit, & save money.



1800 - 1930 EVERY WEDNESDAY IN MARCH (4,11,18,25)

RSVP FOR THIS EVENT VIA EMAIL OR TELEPHONE:

BILQIS.BENU@US.ARMY.MIL - 718-630-4793/4935/4830

### Intramural Coed Volleyball League

Starts 21 March

Six Person Teams  
Military teams - no cost.  
Civilian teams - \$150  
DoD teams - \$150  
SIGN UP TODAY!

### Intramural Coed Softball League

Starts 4 May

Coaches meet - 4/4/09  
Military teams - no cost.  
Civilian teams - \$150  
To sign up contact  
Mr. Charles Byrd TODAY!

Evening Fitness Classes presents...



### pilates & yoga

Yoga - 1800 every Tuesday

Pilates - 1800 every Thursday

• No fee to Service Members

• Civilians - \$5 suggested donation